

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Sep 2021**

**Tai Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Breaststroke Swimming Cr for Adult (I)</b>									
40589571 (1AB16)	2/9-5/10	Tu,Th	19:00-20:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589573 (1AB17)	2/9-5/10	Tu,Th	20:00-21:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589585 (1AB18)	3/9-13/10 (excl. 22/9,1/10)	W,F	20:00-21:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
<b>Front Crawl Swimming Cr for Adult (I)</b>									
40589569 (1AF13)	2/9-5/10	Tu,Th	18:00-19:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589574 (1AF14)	2/9-5/10	Tu,Th	20:00-21:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589577 (1AF15)	3/9-13/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589581 (1AF16)	3/9-13/10 (excl. 22/9,1/10)	W,F	18:00-19:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589583 (1AF17)	3/9-13/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
40589586 (1AF18)	3/9-13/10 (excl. 22/9,1/10)	W,F	20:00-21:00	Tai Po SP	18+	100	8	26/7-2/8 (4/8) {24/8}	☒
<b>Breaststroke Swimming Cr for Adult (II)</b>									
40589567 (2AB8)	2/9-5/10	Tu,Th	8:00-9:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
40589572 (2AB9)	2/9-5/10	Tu,Th	19:00-20:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
40589580 (2AB10)	3/9-13/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
40589582 (2AB11)	3/9-13/10 (excl. 22/9,1/10)	W,F	18:00-19:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
<b>Front Crawl Swimming Cr for Adult (II)</b>									
40589570 (2AF10)	2/9-5/10	Tu,Th	18:00-19:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
40589584 (2AF11)	3/9-13/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
<b>Front Crawl Swimming Cr for Adult (III)</b>									
40589565 (3AF2)	2/9-5/10	Tu,Th	7:00-8:00	Tai Po SP	18+	100	10	26/7-2/8 (4/8) {24/8}	☒
<b>Aerobic Dance Training Course</b>									
40607517	1/9-13/10 (excl. 22/9)	M,W	9:00-10:00	Fu Heng SC	14+	65	12	3/8	☒ i
40607518	1/9-13/10 (excl. 22/9)	M,W	10:00-11:00	Fu Heng SC	14+	65	12	3/8	☒ i
40607519	23/9-4/11 (excl. 14/10)	Tu,Th	19:00-20:00	Fu Heng SC	14+	65	12	1/8-5/8 (10/8) {30/8}	☒
40607520	23/9-4/11 (excl. 14/10)	Tu,Th	20:00-21:00	Fu Heng SC	14+	65	12	1/8-5/8 (10/8) {30/8}	☒
40607521	2/9-12/10	Tu,Th	14:00-15:00	Tai Po SC	14+	65	12	4/8	☒ i
40607522	2/9-12/10	Tu,Th	15:00-16:00	Tai Po SC	14+	65	12	4/8	☒ i
40607523	29/9-1/11 (excl. 1/10,11/10,25/10)	M,W,F	8:00-9:00	Tai Po SC	14+	65	12	23/8	☒ i
40607524	29/9-1/11 (excl. 1/10,11/10,25/10)	M,W,F	9:00-10:00	Tai Po SC	14+	65	12	23/8	☒ i
<b>Fitness (Multi-gym) Training Course</b>									
@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.									
Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.									
For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.									
For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.									
40607525 (TPFMP15)	1/9-15/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Tai Po SC	15+	75	10	@2/8	☒ i
40607526 (TPFMP16)	1/9-15/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Tai Po SC	15+	75	10	@2/8	☒ i
40607527 (TPFMS3)	16/9-28/10 (excl. 14/10)	Tu,Th	8:00-9:00	Fu Shin SC	15+	75	10	@17/8	☒ i
40607528 (TPFMS4)	16/9-28/10 (excl. 14/10)	Tu,Th	9:00-10:00	Fu Shin SC	15+	75	10	@17/8	☒ i
<b>Social Dance Training Course</b>									
40607535	6/9-8/11	M	19:00-21:00	Tai Po SC	14+	86	12	1/8-5/8 (10/8) {27/8}	☒
<b>Western Folk DanceTC</b>									
40607536	3/9-12/11 (excl. 1/10)	F	19:00-21:00	Fu Heng SC	8+	45	10	1/8-5/8 (10/8) {27/8}	☒
<b>Yoga Training Course</b>									
40607538	15/9-24/11 (excl. 22/9)	W	14:00-16:00	Fu Heng SC	15+	85	12	1/8-5/8 (10/8) {30/8}	☒
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40607532 (TPBRIFH7)	16/9	Th	14:00-17:00	Fu Heng SC	15+	Free	10	1/8-5/8 (10/8) {30/8}	☒
40607533 (TPBRIFH8)	18/9	Sa	11:00-14:00	Fu Heng SC	15+	Free	10	1/8-5/8 (10/8) {30/8}	☒
<b>Badminton Training Course</b>									

40607541	16/9-21/10 (excl. 14/10)	Tu,Th	19:00-21:00	Tai Po SC	12+	118	12	1/8-5/8 (10/8) {27/8}	✉
<b>Lawn Bowls Training Course</b>									
40607542	1/9-29/9 (excl. 22/9)	W,F	19:00-21:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/8-5/8 (10/8) {27/8}	✉
<b>SFA-Lawn Bowls Fun Day</b>									
40607543	12/9	Su	14:00-15:30	Tai Po Waterfront Park (Bowling Green)	8+	Free	10	11/8	📄 i
40607544	12/9	Su	15:30-17:00	Tai Po Waterfront Park (Bowling Green)	8+	Free	10	11/8	📄 i
<b>Squash Training Course</b>									
40607546	4/9-23/10	Sa	10:00-12:00	Fu Heng SC	7+	160	6	1/8-5/8 (10/8) {27/8}	✉
<b>Low Table Table-tennis TC for Children</b>									
40607550	4/9-13/11 (excl. 6/11)	Sa	14:00-16:00	Tai Po SC	6-9	86	12	1/8-5/8 (10/8) {27/8}	✉
<b>Table-tennis Training Course</b>									
40607549	18/9-4/12 (excl. 16/10,6/11)	Sa	16:00-18:00	Tai Po SC	14+	86	12	1/8-5/8 (10/8) {27/8}	✉
<b>Tennis Training Course</b>									
40607551 (TT3)	28/9-2/11 (excl. 1/10)	Tu,F	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	9	1/8-5/8 (10/8) {30/8}	✉
40607552 (TT4)	6/9-7/10	M,Th	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	9	1/8-5/8 (10/8) {30/8}	✉
40607553 (TW6)	7/9-12/10 (excl. 1/10)	Tu,F	19:00-21:00	Wan Tau Kok PG (TC)	8+	170	6	1/8-5/8 (10/8) {30/8}	✉
<b>Volleyball Training Course</b>									
40607554	16/9-25/11 (excl. 14/10)	Th	19:00-21:00	Fu Heng SC	10+	70	15	1/8-5/8 (10/8) {30/8}	✉
<b>Community Garden Programme</b>									
40607578	5/9-9/1 (excl. 26/12)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tung Tsz Nursery Community Garden	All	400	40	1/8-5/8 (10/8) {27/8}	✉

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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**To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)**

Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows:  
 Training schemes: Accompanying carers may attend the class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.  
 Other activities: Accompanying carers are required to enrol in recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

**Hydro-fitness TP for PWPDP**

40596115	3/9-19/10 (excl. 21/9,1/10)	Tu,F	16:00-17:00	TPSP	14+	5	19/7	📄 i
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Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Swimming Cr for Elderly (I)**

40589563 (1E10)	2/9-5/10	Tu,Th	7:00-8:00	Tai Po SP	8	26/7-2/8 (4/8) {24/8}	✉
40589575 (1E12)	3/9-13/10 (excl. 22/9,1/10)	W,F	7:00-8:00	Tai Po SP	8	26/7-2/8 (4/8) {24/8}	✉
40589579 (1E13)	3/9-13/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Tai Po SP	8	26/7-2/8 (4/8) {24/8}	✉

**Swimming Cr for Elderly (II)**

40589576 (2E9)	3/9-13/10 (excl. 22/9,1/10)	W,F	7:00-8:00	Tai Po SP	10	26/7-2/8 (4/8) {24/8}	✉
40589578 (2E10)	3/9-13/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Tai Po SP	10	26/7-2/8 (4/8) {24/8}	✉

**Swimming Cr for Elderly (III)**

40589568 (3E3)	2/9-5/10	Tu,Th	8:00-9:00	Tai Po SP	10	26/7-2/8 (4/8) {24/8}	✉
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**Chinese Dance TC for elderly**

40607555 (CDTP3)	29/9-1/12	W	10:00-12:00	Fu Shin SC	10	1/8-5/8 (10/8) {30/8}	✉
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**Fitness Exercise TC for Elderly**

40607558 (FETC15)	14/9-14/12	Tu	7:00-8:00	Tai Po SC	10	1/8-5/8 (10/8) {30/8}	✉
40607559 (FETC16)	14/9-14/12	Tu	8:00-9:00	Tai Po SC	10	1/8-5/8 (10/8) {30/8}	✉

**HES - Social Dance**

40607571 (HESSDTPS2)	3/9-24/9	F	7:00-9:00	Tai Po SC	40	3/9-24/9	Walk-in
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**Social Dance FD for Elderly**

40607556 (SDFD3)	1/9	W	14:00-17:00	Fu Shin SC	12	1/8-5/8 (10/8) {27/8}	✉
40607557 (SDFD4)	17/9	F	14:00-17:00	Tai Po SC	12	1/8-5/8 (10/8) {27/8}	✉
<b>HES-Badminton</b>							
40607576 (HESBD5)	1/9-29/9 (excl. 22/9)	W	8:00-9:00	Fu Heng SC	9	1/9-29/9	Walk-in
40607577	1/9-29/9 (excl. 22/9)	W	9:00-10:00	Fu Heng SC	9	1/9-29/9	Walk-in
<b>HES-Table-tennis</b>							
40607572 (HESTT23)	3/9-24/9	F	7:00-8:00	Fu Shin SC	12	3/9-24/9	Walk-in
40607573 (HESTT24)	3/9-24/9	F	8:00-9:00	Fu Shin SC	12	3/9-24/9	Walk-in
40607574 (HESTT21)	7/9-28/9	Tu	7:00-8:00	Tai Po SC	12	7/9-28/9	Walk-in
40607575 (HESTT22)	7/9-28/9	Tu	8:00-9:00	Tai Po SC	12	7/9-28/9	Walk-in
<b>Lawn Bowls Fun Day for Elderly</b>							
40607563	7/9	Tu	9:00-10:30	Tai Po Waterfront Park (Bowling Green)	10	1/8-5/8 (10/8) {27/8}	✉
40607564	7/9	Tu	10:30-12:00	Tai Po Waterfront Park (Bowling Green)	10	1/8-5/8 (10/8) {27/8}	✉
<b>Lawn Bowls TC for Elderly</b>							
40607562	1/9-27/10 (excl. 22/9)	W	9:00-11:00	Tai Po Waterfront Park	8	1/8-5/8 (10/8) {27/8}	✉
<b>Gateball TC for Elderly</b>							
40607565	3/9-29/10 (excl. 1/10)	F	9:00-11:00	Tai Po Waterfront Park	7	1/8-5/8 (10/8) {27/8}	✉